WHAT IS CLAIMED IS:

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- An electrical shield, comprising:
- a body of moldable material, said body having a primary side and a secondary side, wherein a plurality of channels are formed on said primary side for receiving electrical cables therein; and

an electrically conductive coating disposed at least on said secondary side, wherein said coating is operable in an electrically conductive relationship with a chassis in which said body of moldable material is operable to be disposed.

- 2. The electrical shield of claim 1, wherein said electrically conductive coating is disposed on said primary side.
 - 3. The electrical shield of claim 1, wherein said secondary side comprises a substantially planar surface.
 - 4. The electrical shield of claim 3, further comprising a connector hole intersecting a select one of said plurality of channels and said substantially planar surface.

- 5. The electrical shield of claim 4, further comprising a slot intersecting said substantially planar surface and said connector hole.
- 1 6. The electrical shield of claim 5, wherein said slot comprises an ergonomically contoured hold.
- 7. The electrical shield of claim 5, wherein said connector hole and said slot are operable to accommodate a connector associated with a select one of said electrical cables.
- 8. The electrical shield of claim 3, wherein said body of moldable material comprises a structural plastic foam.
- 9. The electrical shield of claim 3, wherein said coating comprises a metallic coating layer.
- 1 10. The electrical shield of claim 9, wherein said 2 metallic coating comprises a non-oxidizing copper layer.
- 1 11. The electrical shield of claim 9, wherein said 2 metallic coating is sprayed on said body of moldable 3 material.

- 1 12. The electrical shield of claim 9, wherein said metallic coating comprises Spraylat 599-Y1371.
- 1 13. The electrical shield of claim 1, further comprising a contour intersecting a select one of said plurality of channels.
- 1 14. The electrical shield of claim 13, wherein said 2 contour is operable to accommodate at least one ferrite 3 core coupled to a select one of said electrical cables.
- 1 15. The electrical shield of claim 13, wherein said 2 contour is disposed at a terminus of said select one of 3 said plurality of channels.
- 1 16. The electrical shield of claim 1, wherein said 2 chassis forms a portion of a telecommunications equipment 3 rack.

17. A telecommunications equipment rack having electromagnetic interference compliance, comprising:

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a backplane having a plurality of cables disposed thereon in a predetermined grooming pattern; and

a molding formed from a structural plastic foam body having a plurality of channels on one of its surfaces, said plurality of channels accommodating said plurality of cables.

wherein at least one of said surfaces of said body is coated with an electrically conductive material for providing an electrically conductive relationship with a chassis portion of said telecommunications equipment rack when said molding is attached to said backplane and disposed in said telecommunications equipment rack.

- 1 18. The telecommunications equipment rack of claim 2 17, wherein said at least one of said surfaces of said body 3 comprises a substantially planar surface.
- 1 19. The telecommunications equipment rack of claim 2 18, further comprising a connector hole intersecting a 3 select one of said plurality of channels and said 4 substantially planar surface.
- 20. The telecommunications equipment rack of claim 19, further comprising a slot intersecting said substantially planar surface and said connector hole.

21. The telecommunications equipment rack of claim 20, wherein said slot comprises an ergonomically contoured 3 hold.

- 22. The telecommunications equipment rack of claim 20, wherein said connector hole and said slot are operable 3 to accommodate a connector associated with a select one of 4 said cables.
- 23. The telecommunications equipment rack of claim 17, wherein said electrically conductive material is a nonoxidizing copper.
- 24. The telecommunications equipment rack of claim 17, further comprising at least one ferrite core coupled to a select one of said cables.
- 25. The telecommunications equipment rack of claim 24, further comprising a contour intersecting a select one 3 of said plurality of channels, said contour operable to 4 accommodate at least one of said ferrite cores coupled to 5 a select one of said cables.
- 26. The telecommunications equipment rack of claim 17, wherein said molding is attached to said backplane by a plurality of fasteners.

- 27. The telecommunications equipment rack of claim 2 17, further comprising a conductive plate coupled to said 3 electrically conductive material of said molding, wherein 4 said conductive plate is operable in a conductive 5 relationship with said chassis portion.
- 28. The telecommunications equipment rack of claim 27, wherein said conductive plate is coupled to said 3 molding by a plurality of gaskets.
- 29. The electrical shield of claim 28, wherein said qaskets are metallic compressible gaskets.

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30. A method for providing electromagnetic interference shielding in an equipment rack having a backplane, comprising:

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grooming a plurality of cables coupled to said backplane into a pattern;

molding a structural plastic foam body having a plurality of channels, said plurality of channels substantially conforming to said pattern so as to accommodate said plurality of cables therein;

coating said structural plastic foam body with an electrically conductive material; and

coupling said structural plastic foam body to said backplane such that an electrically conductive relationship is established between said electrically conductive material and a chassis forming a portion of said equipment rack.

- 31. The method as recited in claim 30, further comprising the step of interposing a conductive plate between said structural plastic foam body and said chassis.
- 32. The method as recited in claim 30, wherein said step of coating said structural plastic foam body is effectuated by spraying.

33. The method as recited in claim 30, wherein said step of coating said structural plastic foam body is effectuated by depositing.